

UNITY DAILY WORD

Revealing to You
Your Mastery, Health, and
Prosperity

December, 1928



"A Letter to a Skeptic"

"Detachment"

"And Then the Sun Came Out"

A Page of Inspiration for Each Day

0 cents

\$1 a year

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DECEMBER
1928

UNITY DAILY WORD

A magazine whose spirit of good cheer radiates from its printed page and sparkles in the heart of him who accepts it as his daily friend. Published monthly.

F. B. WHITNEY, *Editor.*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy, Kansas City, Mo.

MY GIFTS TO YOU

I give through Christ in me to Christ in you;
I give you power to know the real and true;
I give through Christ within a gift of peace;
I give with joy the joys that never cease.

I give through Christ the gift of priceless
worth:
I give you power to dominate the earth;
I give through Christ in me the power to see;
I give you power to see yourself made free.

I give through Christ the power to thrive, suc-
ceed;
I give you substance rich to meet each need;
I give through Christ a gift of perfect health;
I give you strength, prosperity, and wealth.

COME FORTH IN ME

LUCY SIMS-THOMPSON

Come forth in me, O Christ of God,
Come forth in me today,
And let Thy radiant countenance
Illumine all my way.
Come forth in me and let Thy love
Transform my very life;
Let it erase inharmony
And cancel fear and strife.

Come forth in me, O Christ of God;
Enable me to see
The hidden Christ within each soul,
The perfect Man-to-be.
Come forth and give me power to see
Beneath the mask of flesh
The Image sin can never touch
Nor mortal mind enmesh.

Come forth, O Christ, and glorify
The commonplace through me.
Make me to dwell in joy and peace
And sweet security,
Content that Thou shouldst go before
To make serene the way,
Safe in the love that guides me on
Unto Thy perfect day.

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DETACHMENT

The fifth of a series of articles entitled "Getting Results." These articles deal with the silence, personal problems, and practical demonstrations.

IN PREVIOUS articles we have given instructions on how to get results in holding the silence, on applying the power of the silence to health and prosperity, and on how to get along with other persons. In this article we shall consider the matter of detaching ourselves from the petty annoyances of the external world. What more fitting title could we use than the simple word, "Detachment"?

Recently a woman in Massachusetts, one who has been a metaphysical healer for a quarter of a century, wrote to us that demonstration was a very simple thing to her in all instances except in her own relation to external things. She said that she would be in heaven if she could find some way to keep from being moved and affected by other persons and by external things. Her letter was answered by just one word; that was, as you may have guessed, "detachment."

There is magic in that word. In fact, the whole Christian religion is built upon the foundation of man's detaching himself from things that do not matter and relating himself to Reality, to God within. Was there magic for this woman in this simple word? Not yet. She had not reached the clear realization necessary to make a metaphysical demonstration for herself. In our next letter she was given instruc-

tions which hold a very great secret for making a demonstration in this matter of detaching ourselves from external things. To the person who is sensitive to what people say or do, we give this statement in most emphatic language:

Detach yourself from your own argument that people or external things can regulate your life.

How can a person do this? By ceasing to turn over the argument in his own mind. When he thinks about it, when he lets this argument keep at work, he finds that the argument increases and that the case is decided against him. Of course, in order to detach himself from such an argument there must be a reason for his doing so. Moreover, he must be thoroughly convinced in the matter.

According to Truth, God made man complete in himself. He gave man the power to think Truth and to develop into perfection. God did not give one man power over another. He gave man power over himself. God did not give any other man power to speak maliciously of you, power to subjugate you to himself, power to make you unhappy, or to do anything to affect your well-being.

If you do not see this according to Truth, you think of other persons and of things of the external world as having power over you. You think of the taunting or accusing words of another as having power. You think of the state of external things, the condition of the weather, the rise and fall of finances, as something which

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can affect or harm you. Many persons of this kind are like barometers, in that they register the state of external things. Man is not a barometer. Why cheapen yourself by substituting yourself, so to speak, for a barometer?

Personal consciousness may be defined as that state of consciousness in which the individual regards other persons or external things as sharing the might of God. One who is in personal consciousness lives in a world of persons, a world in which he sees persons reacting upon each other's lives.

The person who is in spiritual consciousness utterly detaches himself from other persons, from their opinions, their malicious thoughts, their gossip, and their limitations. He lives within himself and in conscious relation with his own indwelling Spirit. Other persons are nothing in his life; their thoughts and opinions are nothing; external things are nothing. He knows that the world with its limited ideas passes away, but that God endures forever.

If he has a thought about some person in his world, he must regard it as his own thought. For no reason whatever can he blame any other person for his own thought about that person. He must keep detached from others and must correct his own thinking. He must detach himself from the belief that other persons have anything to do with the argument of external influences that disturb his quiet. He must think of the argument as his own personal

problem, to be corrected through substituting Truth for it.

Do you not see what great good is to be gained by detachment? Can you not see that, by detaching yourself from the belief that external things can harm you, you awaken to the realization that there is a world of love that infinitely transcends the world of jealousy, scheming, prejudice, and personality?

Mystics and holy persons have long known the power of detachment. The Hindus turn from the world of illusion to find the great Reality within.

How can you get results from these instructions? If, within the next hour or so, the thought comes to you that another should not have done or said what he did do or say, you must sever all connection with that thought. You must keep aspiring and ascending in thought until you are in the state of consciousness that perceives only God and you.

Challenge the accusing thought with the simple but effective word, "detachment." That will serve to inform the thought that you are detached from it and that you will have none of it.

Detachment is easy to practice and it gives astounding results. Through the practice of detachment your life can be regenerated. Your health, success, and happiness lie in your ability to go forward undaunted by personal consciousness, but alive and awake to your conscious relation to Spirit within.

A LETTER TO A SKEPTIC

Dear Friend:

Your letter shows very plainly how the skeptic usually thinks. He is inclined to hunt for fallacies in the teachings of the churches and to hold them up as examples of what religions have produced. This is as far as he goes. His next step should be to offer a substitute doctrine, and to give a practical teaching for that which he has torn down.

Understand this clearly: Any student of Truth will agree with you thoroughly about the unimportance of the things that you have mentioned. The student of Truth can give little thought to nonessentials, far-fetched dogmas, and superstitions. On the other hand, while he does not include these in his own religion, neither does he condemn them or allow himself to become combative about them.

Why not give yourself the treat of accepting the good in all religions? That is what Unity aims to do. You will find good in Buddhism, Judaism, Catholicism, Protestantism, and Christian Science. Why not make up your own religion, if it pleases you to do so, out of the best that is in these teachings? It being taken for granted that you have a higher philosophy of some sort in your life—every one should get the best and the most out of life—why not apply the same plan to religion? You will not be stealing anything from the other fellow. No one has a copyright or a personal claim on universal Truth.

What about the things that you reject?

Just let them lie. Possibly, some one else will come along and will want to make up his religion out of the superstitions that you have discarded. If he is at that place on the upward path where he must have superstitions in his religion, let him have them. You can do very little in helping him by trying to deny him the right to worship as he pleases.

Why care whether one member of the family was immersed and another was sprinkled? Doubtless, each one can furnish Scriptural authority for the mode of his baptism. If you see superstition in these ceremonies, why think about it? Be content with the baptism of Spirit that you feel will come to you. If you were in a desert, possibly there would be no water at hand and you would have to rely entirely upon spiritual baptism.

Why should there be a tirade about confession? Possibly it does admit of abuse and it may be abused, but, on the other hand, that is for the Catholics to remedy. If you need no middleman between you and God, then you should not stand as a middleman between any other person and the practice of his religion.

If you do not believe in reincarnation you will find plenty of company, but the theory of reincarnation solves problems otherwise unsolved. A man could live a very happy and healthy life without believing in reincarnation, but he would not do so if he were always engaged in fighting the teaching.

You even question prayer? Then quit think-

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ing about it for a while. Possibly you question prayer because you have been led to think of it in a certain way. Possibly, according to your understanding of it, prayer has been a very superstitious practice and you will need to get a new understanding of it. There may come a time, after you have ceased to doubt the power of prayer, when there will dawn upon you a conviction that man must forever keep a connection with his Father and that this connection is simple prayer.

You are skeptical about healing? Again, let us tell you to quit thinking about it if you are at all resistant to the idea. When the time comes for you to believe in healing, this belief will come to you "with healing in its wings." Your conviction about healing will come as peacefully as healing itself comes.

You doubt that one could pray for or could heal another? Dear friend, you have many good things in store for you. They may come as the biggest surprises that have ever come your way. You will have sometime the experience of beholding your own spiritual thought totally dissolve another person's adverse belief in pain. This spiritual thought you will recognize as the very presence of God. Your first experience of this kind will be so imprinted upon the tablets of your memory that you will always recall the incident.

You can easily see that the way out of skepticism can never be the way of disbelief. If you are engaged in removing the supersti-

tions and the débris from various religions you will find that the thing which you have taken from the other fellow's religion will form a barrier to your own advancement.

Behind and underneath the great religions of the world with their pomp and dogmas you will find another religion. All of these forms of religion are based upon this simple, mystic religion. Back of the externals of the great religions is one religion common to them all. Your duty is to find the unity in all religions. This will reveal to you a simple, mystic teaching which will make your life healthier, richer, and happier. What more could you desire? What do you care for those religious beliefs that tend to bind the individual to superstition and to death? Make your religion a religion of light and of life.

After all, you may not be so skeptical as you seem. Possibly you have needed to see things from a broader viewpoint. Your being skeptical shows that you are a thinker, even though your thinking may have taken a downward trend.

Religion will be revealed to you in a new light when you cease to look to the fallacies of ecclesiasticism and begin to look to the beauties of Truth. Your life will be freed from negation, intolerance, and skepticism as you give yourself to belief in a higher philosophy. Keep moving forward and upward.

Yours, still seeking and finding,

A. T. D.

BEATITUDES

Blessed are they who know the truth: for they shall be illumined with light.

Blessed are they whose thoughts are exalted: for they shall be exalted and blessed.

Blessed are they whose eyes are lifted up: for they shall behold the vision of heaven.

Blessed are they who cast out all fear: for they shall abide in the love of God.

Blessed are they who turn from things external: for they shall know eternal joy.

Blessed are they who open their hearts to God: for they shall abide in the heart of God.

Blessed are they who live not in years: for they shall live in the eternal now.

Blessed are they who find the fountain of life within: for they shall be purified and healed.

Blessed are they who feed upon the substance of God: for they shall be nourished and sustained.

Blessed are they who behold the presence of God: for they shall be seen as like unto their Father.

SATURDAY, DECEMBER 1

My Realization for Today: *The joy of the Lord is my strength, and I am positive, courageous, fearless, and free.*

The statement for today is taken from the Unity calendar for December.



HE joy of the Lord fills me through and through and no thought of depression or of sadness can find a place within me. In His joy I am no longer affected by the unpleasantnesses of the external world. My joy does not change as external conditions change. My joy is of the Lord: satisfying and eternal.

Rejoicing in the Lord, I am strong, courageous, fearless, and free. I am established in that joy which cannot be affected by belief in weakness or in fear. I am unified with that joy which gives strength, courage, and victory.

Thoughts of joy fill my mind and dispel every negative belief. My mind is radiant with the joy of the Lord and I rejoice with great joy.

The joy of the Lord fills my heart and I am joyful in every part of my physical organism.

The presence of infinite joy fills my environment and I live in a world in which there is naught but great joy.

Then will I go unto the altar of God,
Unto God my exceeding joy.

—Psalms 43:4.

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SUNDAY, DECEMBER 2

My Realization for Today: In the heavens of my mind I behold the vision of my Christlikeness, and in earth—in manifestation—this vision becomes expressed as reality.



IRISE out of every limited concept about myself. I give up every thought of limitation and I rise into the consciousness wherein I perceive my innate perfection in Christ.

In the heavens of spiritual consciousness—spiritual-mindedness—I catch the vision of God's perfect man and I realize that I am he. I behold the perfect pattern of perfect man and in this pattern I behold the blue print of my own spiritual unfoldment and perfect attainment.

Through spiritual consciousness I now see myself perfected by the perfect working of the Spirit within me. I am true to my spiritual vision and obedient to the will of God. I am willing to overcome every negative belief that I may manifest my Godlikeness.

When I am true to Christ I am true to myself, true to that within me which is like unto Christ, to that which I am bringing forth. Christ, the perfect idea of man, now manifests.

I was not disobedient unto the heavenly vision.
—Acts 26:19.

MONDAY, DECEMBER 3

My Realization for Today: Why should I worry? I am free from all anxiety because I know that all is well.



WHY SHOULD I be anxious? I know that faith in God is now removing all anxiety from my consciousness. I know that my trust in Him prevents me from worrying. I will not doubt any longer. I will realize that God's perfect work is now being done in me and in my affairs.

I do not worry about my mistakes of yesterday. I no longer blame myself for what I said or did at that time. I give thanks for the experiences of yesterday and for the lessons which they taught me.

I do not worry about the future. I know that in living my life well today I am providing for a happy future. I resolve to be happy today and to hold no anxiety or worry in my mind.

I do not worry about other persons. I set my associates, my friends, and my relatives free to be guided solely by their own indwelling Spirit.

I am not anxious about finances. I know that the bounty of the Lord right at hand is sufficient to solve all financial problems.

The Lord is at hand. In nothing be anxious.
—Phil. 4:5, 6.

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TUESDAY, DECEMBER 4

My Realization for Today: Looking to God, I behold the perfect universe. My eyes are filled with perfection.



AS I look away from personal shortcomings, worldly limitations, I behold the perfection of all things as they exist in God. My vision is cleared of all materiality. My eyes are not clouded by the fog and the mist of material things. My eyes are strong and healthy and they see all things clearly and distinctly.

Looking to God, I behold a vision of my own innate perfection. I see my real self. I behold myself as I exist in God. I see through spiritual eyes. I look through eyes that are cleared through knowing Truth and blessed by the power of Spirit.

Looking to God, I behold the good in others. I see these persons as God sees them. I see them freed from all limited beliefs about themselves. I see them whole and well.


As I look upward and heavenward a heavenly benediction comes to me and rests upon me. My vision is blessed: spiritually and physically I see with perfect eyes.

My eyes cannot be weak or tense because they are the perfect eyes of Spirit.

Mine eyes are ever toward Jehovah.—*Psalms*
25:15.

WEDNESDAY, DECEMBER 5

My Realization for Today: In place of evil and disease I behold the presence of health and perfection. In my body I see health perfectly expressed.

NSTEAD of evil, I see good; instead of disease, I behold perfect health. I see only that which I would make a part of myself and which I would have expressed in me, in my body, and in my world.

The healthy and constructive thoughts which I entertain, the beautiful visions of life which I see, now become expressed in me. I no longer have thoughts of disease or impurity to obscure or to neutralize my conceptions of life. I think healthy and radiant thoughts and these are objectified in my body as radiant health.

My body is cleared of all darkened beliefs. No beliefs in disease can lodge in my body. It is dedicated to God, to health. It is God's perfect and beautiful temple, erected for His glorious presence.

My body manifests the health, strength, and perfection of God. In my physical organism I behold strong and healthy currents of life at work.

The lamp of thy body is thine eye: when thine eye is single, thy whole body also is full of light.
—*Luke 11:34.*

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THURSDAY, DECEMBER 6

My Realization for Today: *How can evil have presence or power? God, the good, the one Power and the one Presence in Truth, is ever with me and about me.*

I DENY that in Truth evil can have any place in my life or in my world. Evil has no being, no existence, no reality, no power, no presence. I wipe from consciousness every belief and thought that would connect me in any wise with so-called evil.

I deny that evil as hate or fear can have any place in my mind. I deny that evil as belief in disease or in weakness can have any place in my body. I deny that evil has any power to keep me from knowing the truth of my oneness with God, All-good.

In Truth, God, the good, is all in all. He is the only presence that there is in reality. His presence is now coming into visibility as the one and only reality and being; His power is now being felt as the one and only power in the world of Truth.

God's presence, as the presence of harmony, health, and plenty, fills and satisfies me. In God I rest secure from all negative belief. In God I am established forevermore in good.

I will fear no evil; for thou art with me.—*Psalms*
23:4.

FRIDAY, DECEMBER 7

My Realization for Today: *I am not easily offended. Harmonious and peaceful, I abide in the unchanging harmony and perfect peace of God.*



REFUSE to be one who easily takes personal offense. It is not difficult for others to get along with me. I am always willing to coöperate with others.

I erase from my mind all discord and inharmony. There is nothing within me to draw discordant situations to me. There is nothing in my heart to cause others to be offended.

I abide in the harmony of Spirit. It infolds me in its harmonious presence and I rest in perfect harmony. My thoughts are attuned to the harmonious thoughts of God and perfect harmony reigns in me and in my world.

I abide in God's perfect peace. In this exalted state I cannot be other than peaceful and harmonious at all times. I am at peace with all people and with all life.

I have a feeling of great peace because I realize that my life is at one with a great sea of peace. In this peaceful life I am at peace with myself, my relatives, my neighbors, and all others. I am at peace with all living things, for they are at one with the peace of God.

Great peace have they which love thy law: and nothing shall offend them.—*Psalms 119:165 (A. V.).*

SATURDAY, DECEMBER 8

My Realization for Today: *The justice of God is at work in my affairs and I, in turn, am just with all men.*

I BELIEVE in justice. I believe that the so-called injustice of the world is only the reflection of ignorance and of misunderstanding. I know that through an understanding of Truth I can perceive the nonexistence of all injustice and the prevalence of the perfect justice of God.

I believe that all persons everywhere desire to be just. I believe that all persons are now willing to overcome any temptation to be unjust and are ready to react to every situation in life with a consciousness of perfect justice.

I bless all my affairs in the consciousness that divine justice is now at work. I know that God in His infinite mercy, compassion, judgment, and justice is now causing perfect justice to be done in all my affairs.

I am willing to be just with all whom I meet and, in this way, to express the consciousness of justice that I have. I think thoughts of justice in place of thoughts of injustice. I think of my associates as being just to me and as meriting justice at all times. I am willing to judge them as I would be judged.

What doth Jehovah require of thee, but to do justly?—*Micah 6:8.*

SUNDAY, DECEMBER 9

My Realization for Today: The truth of Jesus Christ saves me from adversity and disease, and the power of Christ is expressed in me mentally and physically.



THE truth of Christ is my salvation. Knowing the truth I am saved from sin, disease, and lack. I am saved from every negative, limiting, and false belief.

Christ is my savior. His gospel spoken to, and manifested in, my mind and heart saves me from every form of harm. In Christ I have complete salvation from everything that would disturb me in mind, body, or affairs.

The presence of Christ gives me power to manifest my innate perfection. Christ is my inexhaustible Source of power. In Christ I have power to think the truth to the exclusion of every negative and opposing belief. In Christ I have power to manifest health, strength, and perfection in my body.

Christ is my eternal salvation and my power. I look to the truth of God to save me and to strengthen me. I have faith that in this truth, Christ's truth to man, I am delivered from every limitation. In Christ I go forth expressing the truth of God.

The gospel . . . is the power of God unto salvation to every one that believeth.—*Rom. 1:16.*

MONDAY, DECEMBER 10

My Realization for Today: No longer a doubter, I have perfect faith in God and in myself.



DO NOT doubt God or His power to bring good to pass in my life. I do not doubt the power of Truth or my own ability to demonstrate Truth in my life. No longer doubting the omnipotence of God, I am ready to see His mighty works.

I do not believe that evil or disease has any power in my life. I do not believe that God is ever thwarted in His action or that He can be subject to man's so-called belief in the devil or in evil.

I have faith, infinite faith, in God. I know that He is all in all and that He is continually at work in me and in all that is mine. I have faith in Him because within my heart of hearts I know that He is omnipotent and supreme.

I have faith in myself because God in the midst of me is quickening me to have faith. I am faithful to that which I can do through the power of my own indwelling Spirit.

I have faith in the power of God, All-good, to prevail at all times. I know that when my faith is centered in God, nothing can prevail against me.

Joying and beholding your order, and the steadfastness of your faith in Christ.—Col. 2:5.

My Realization for Today: *Knowing Truth, I can easily penetrate appearances and behold things as they exist in reality.*

ESTABLISHED in the truth of Christ, in the truth of man's relation to God and to the universe, I am free from those beliefs which cloud the mind and cause distorted vision. I am free from every thought which would cause me to see things in the outer world in a biased or perverted way.

Knowing the Truth, I can easily discover that in the world which is in keeping with Truth. I am not deceived into believing that appearances are true or that the Truth is untrue.

The appearance of evil cannot cause me to be disloyal to the good. The appearance of limitation in any form cannot cause me to think of it as reality. I know that all limitations in my life are now disappearing, making room for the manifestation of countless blessings.

Through spiritual eyes I behold the spiritual world, the real world of God. I see through the fog and mist of materiality and behold the spiritual universe, the world of eternal verities.

Through the consciousness of Truth I am admitted to the world of reality.

Man looketh on the outward appearance, but Jehovah looketh on the heart.—*1 Sam. 16:7.*

WEDNESDAY, DECEMBER 12

My Realization for Today: *I am not afraid. Under all circumstances I can see the working of Spirit and I know that good prevails.*

KNOWING the Truth, I eradicate all fear from my consciousness. I am not afraid of other persons, of things, or of situations. I am not afraid of any thing of the external world.

I am not afraid of the future. I know that the future will take care of itself. I do not fear the outcome of any unfinished business. I realize the truth that all things are now working for good.

I have no fear in finances. I am not afraid to trust in the Lord for my prosperity. I know that there is an abundance for every demand and that I cannot lack supply.

I am not afraid of other persons. I know that God in the midst of me is unafraid and that He is mightier than any thing of the external world.

In all situations I can see the perfect working of God. I fearlessly trust in God, knowing that He is now quickening me to have courage and faith in Him.

I go forward with the fearless spirit of Christ, inspired by courage supreme.

Fear ye not, stand still, and see.—*Exod. 14:13.*



And Then The Sun

FRANK WHITNEY

You say that you would give the world to
You feel that you have done a wrong and
It's hard to smile, to look to God, and so you
Behind the clouds and all alone seek peace
Now, what you did and what you said must
If you no longer blame yourself and Truth
Just raise your eyes and look to God—He's
"It doesn't matter now," He says. *"For,*
If I should look at all the things done by
I'd be like you and sit and frown with wrath
Now, what you did, and what you said, I
And as God smiled the sun came out and a



Sun Came Out

WHITNEY

world to wipe out what was said;

wrong and cannot go ahead.

and so you try to hide

feel peace and there abide.

and said must bear its fruit of good

and Truth is understood.

God—He's near you all the while.

say, *"Forget the past and smile.*

done by the human race,

with wrinkles on my face.

you said, I think was pretty mild!"

out and all the people smiled.

My Realization for Today: *I am under no thought of blame or condemnation. I abide in the praise of God.*

KNOWING the Truth, I am free from all blame and condemnation. I do not accuse myself of doing wrong. I do not blame myself for any misdeeds of yesterday.

I am free from all condemnation from others because I look to no man as having authority to pronounce judgment on me. I clear from my consciousness all belief in accusation or in condemnation.

In spiritual consciousness I sense the praise of God and feel that it is being poured out upon me. God praises my every noble endeavor. He inspires me to ascend higher and higher in consciousness and to lay hold of His richest blessings.

In the sight of God I am perfect. God praises the good that is within me and it manifests in ever increasing measure. Through praise God causes the best that is within me to come forth.

Filled with praise I sing the song of praise. I go forth happy and optimistic, always ready to praise God for my bountiful blessings.

Then shall each man have his praise from God.
—I Cor. 4:5.

FRIDAY, DECEMBER 14

My Realization for Today: *Abiding in the quietness of my own soul, I am in a state of constant prayer, of constant communion with God.*



DO NOT think of prayer as something which is mysterious. I know that the true prayer is a simple communion with God, a realization of my oneness with the Spirit of God at the very heart of my being. I know that when I am in prayer, in spiritual consciousness, abiding in the consciousness of God within and of my own supremacy over things of the world, I am in the ideal state to which all men aspire.

Abiding in the inner stillness, I am free from all disturbances without. In the prayerful consciousness, I find welling up within me the very power of God. In communion with God, I am in touch with all that is holy and divine, all that is mine in Spirit.

I am in a state of constant prayer, constantly realizing the great power within, as I go forth into the marts of men, into the world of external things. Nothing without can disturb that which is within me because I am established through prayer in the quietness and confidence of Spirit.

I will pray with the spirit, and I will pray with the understanding also.—*I Cor. 14:15.*

SATURDAY, DECEMBER 15

My Realization for Today: That which is untrue in the sight of God is not Truth to me. I am interested only in thinking and living the Truth.



KNOW that inharmony, disease, hate, fear, and lack are unreal and untrue according to the absolute Truth of God. I know that none of these has any reality or any place in God's world that is now coming into manifestation about me.

I know that the limitations of the world are not the eternal verities and truths of God. No limited thought has place in my mind because my mind is dedicated to the Truth of God.

I think the Truth because in reality there is nothing else to think. Since that which is untrue has no place I no longer try to give it place in my consciousness. My mind is dedicated and consecrated to Truth.

Thinking the Truth I ascend into the consciousness wherein I view all things from the viewpoint of Truth. I see all men as they exist in Truth.

Looking through the eyes of Spirit I see Truth everywhere expressed as manifest perfection. I see thoughts of Truth now manifesting as peace, health, love, and plenty.

Speak unto me nothing but the truth in the name of Jehovah.—*I Kings 22:16.*

SUNDAY, DECEMBER 16

My Realization for Today: Rising out of all unfriendliness, all hate, all personal ill will, I consciously express divine love to every living creature.



FREE my mind from all bondage to unloving thoughts. I erase from consciousness every thought which would hold me to personal ill will or unfriendliness. My mind is purified, and receptive to divine love.

Freed from personal consciousness, I am liberated from every limited belief about persons. I am free from every belief that would tend to cause inharmony or hate between myself and others. I see each person expressing the best that is within him and I rejoice in his Godlikeness.

I consciously express divine love because I am conscious of the loving presence of Spirit. Every living creature now shares in my love. Every person of my world is now infolded in the perfect love of Christ that expresses itself in and through me.

Divine love, God's perfect love for man, is now issuing forth from my own indwelling Spirit and is loving all mankind. Every man, woman, and child is blessed through this love. As I share my love, it increases and expands.

A friend loveth at all times.—*Prov. 17:17.*

MONDAY, DECEMBER 17

My Realization for Today: *In the eternal, glorious now I lay hold of the bountiful blessings of God.*



DO NOT look to the past or to the future for my good. I do not expect to find it in some other place. I know that in Truth my good is now at hand.

I no longer try to live in the yesterdays or in the tomorrows. I live in the glorious today, the eternal now, the present moment. I am in touch with all the good in the universe and I lay hold of bountiful blessings here and now.

In the now I am in timeless time. I exist in that time in which there is no place for age, crystallization, or decay. In the timeless time of Spirit I am eternally young.

Living in the now I am unified with all life. In the eternal now I draw from life all the essentials for a full-rounded life. As each moment dawns upon my life it blesses my life with some rare blessing.

Now does the perfect Son of God in me come forth. Now my perfect health appears. Now I lay hold of peace and plenty.

I am established forevermore in the eternal, glorious now, the timeless time of Spirit.

Come: for all things are now ready.—*Luke 14:17.*

TUESDAY, DECEMBER 18

My Realization for Today: *I abide forevermore in the ageless, deathless youth and life of God; I am eternally young.*



ERASE from my consciousness all belief in age and death. The fact that men in ignorance of Truth have failed to lay hold of the youth and life of God is no excuse for my failing to do so. I do not look upon disease, age, and death as natural to mankind; neither do I look upon these adversities as having any part in my own life.

I erase from mind every thought that is aging and crystallizing. I wipe out every belief which would cause me to grow old. I erase every thought that would cause me to become stagnant mentally or physically.

In place of thoughts of age, disease, and death, I think true thoughts—thoughts of youth, health, and life. In place of growing old year by year, I grow more youthful day by day. I associate with those persons who have youthful ideas, with those who are interested in keeping young.

Mentally and physically I express the youth of God within me.

Rejoice, O young man, in thy youth, and let thy heart cheer thee in the days of thy youth, and walk in the ways of thy heart, and in the sight of thine eyes.—*Ecccl. 11:9.*

WEDNESDAY, DECEMBER 19

My Realization for Today: *The Spirit of the Lord in me is a pillar of light that shines before me and makes plain my way.*

This statement is the Silent Unity illumination word which will be used from December 20 to January 19.



THE Spirit of the Lord is my own indwelling Spirit. It is that which inspires, illuminates, guides, and directs me. When I turn from darkness, ignorance, superstition, and indecision, I recognize that the light of God is always at hand to illuminate me with Truth. I no longer believe that lack of wisdom is my portion.

God in my midst is a pillar of light. At the center of my being God dwells as a flaming column of dazzling light. The radiance of His presence shines from the center of my being to the very circumference of my world. God illuminates my mind, my body, and my environment with His glorious light and presence.

My path is made plain and easy because I am illuminated by divine Truth. My way is illumined because I know just the direction in which I should go. The Spirit of the Lord attends me and directs me into paths of pleasantness and of peace.

Moreover in a pillar of cloud thou leddest them by day; and in a pillar of fire by night, to give them light in the way wherein they should go.—*Neh. 9:12.*

THURSDAY, DECEMBER 20

My Realization for Today: *The Spirit of the Lord in me is a tower of health and strength.*

This statement is the Silent Unity healing word to be used from December 20 to January 19.

KNOWING that the Spirit of the Lord—the Spirit of life, health, and strength—is within me, I need not look to any outside agency for my health. I do not look to any person or to any material means for my health. Within me are life, health, and strength, and I now lay hold of these blessings and claim them as my divine birthright.

Within me Spirit abides like a mighty tower. I walk forth erect in my divine selfhood. I cannot be swayed by beliefs in weakness, disease, or death. In my mighty fortress I find that the Spirit of Christ is my strong defense. I am shielded from all negative beliefs and established in the consciousness that Christ in me is greater than all adversity.

I am strong because Christ in me is a bulwark of strength. His presence inspires me to a consciousness of great strength. My mental fiber and my physical sinews take on the character of strength of mind and strength of physique.

The name of Jehovah is a strong tower.—*Prov. 18:10.*

FRIDAY, DECEMBER 21

My Realization for Today: *The Spirit of the Lord in me is a tower of prosperity and success.*

This statement is the Silent Unity prosperity word to be used from December 20 to January 19.

WITHIN me is that Spirit that carries me forward to prosperity and success. This is the Spirit of Christ, the self-same Spirit that lifts all men to a consciousness of their own possibilities and inherent wealth.

Spirit within me raises me to a consciousness of spiritual mindedness in which I am in touch with rich and substantial ideas. Through rich ideas I am brought into touch with rich things. These ideas reveal to me my position in life and the situation wherein I can best unfold the Christ within me.

The stability of Christ within me makes me genuine, substantial, and secure. I need not be uneasy about finances because in Christ I discover a strong tower of immovable riches. Within me is a veritable treasury of unlimited substance.

Secure in God, I am secure in my prosperity and success. I am established in that success which never changes or passes away.

Yea, the Almighty shall be thy defence, and thou shalt have plenty of silver.—*Job 22:25 (A. V.).*

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SATURDAY, DECEMBER 22

My Realization for Today: *In the stillness and quietness of the presence of God I know that God, the good, is all in all.*



I AM FREE from all disturbance of the outer world. I am free from the belief that any external thing is mightier than God within me. I am liberated from all contact with noise and confusion.

In the inner stillness I am in contact with God and in this quietness I find myself, I find my oneness with God. In the quietness of the great within I am free from all external jangle. In stillness and in quietness I abide in the presence of God.

I know that God alone is ruler of the universe. I realize that there is no opposite, no power, to challenge His power and His authority. In the stillness of the great within I know that God is God, Lord of lords and King of kings.

The stillness within me puts all confusion in my world to flight. From the center of my being stillness radiates to all parts of my world. Every disorder is brought into order, every noise is changed to stillness, that the perfect work of Spirit may be done in me and in my world.

Be still, and know that I am God.—*Psalms 46:10.*

SUNDAY, DECEMBER 23

My Realization for Today: The substance of Christ nourishes and sustains me and I am fed mentally and physically by the mystical bread of life.



AM NO longer hungry or unsatisfied. I do not expect outer things to feed or satisfy my mind, body, and soul. I know that within me is the presence of God, divine substance, the bread of life.

The new life, the new man, within me is now being nourished and sustained by the living bread and wine of Spirit. Every desire is now fulfilled and I am satisfied. Every hunger is appeased. The new life which is now mine is the living presence of Christ. The substance upon which I feed is the substantial and all-providing presence of Christ.

Life and substance of Spirit provide for my every mental and physical need. Living and substantial ideas refresh and invigorate my mind and I am mentally alert. The life and the substance of Christ fill and thrill my body and more and more I am physically expressing the Christ body.

This day I meditate upon substance and as I grow in consciousness of it I find that my substance increases.

As newborn babes, long for the spiritual milk which is without guile.—*I Pet. 2:2.*

MONDAY, DECEMBER 24

My Realization for Today: *Given in the Spirit of Christ, my every gift goes forth carrying an eternal blessing.*



WHEN I give, the Spirit of Christ within me expresses itself. Christ always gives unstintingly and graciously. Christ gives through love and wisdom.

When I wish to give, I know just what to give. I know how to give in order to bring to the recipient a blessing.

God gives to me lavishly. I receive in the spirit in which gifts are bestowed upon me. Looking beyond the gift as it appears, I see the spiritual gift, the gift from God.

God gives me from His inexhaustible storehouse of riches. I know how to receive and how to give. When I give, with the gift I send forth the blessing which Spirit has placed upon it.

I give in the Spirit of wisdom, love, and joy. My gift is impregnated with the thought of good will and good cheer.

Now we live in that world in which love and joy circulate freely and in which every one is happy.

He that soweth bountifully shall reap also bountifully. *Let each man do according as he hath purposed in his heart: not grudgingly, or of necessity: for God loveth a cheerful giver.—II Cor. 9:6, 7.*

TUESDAY, DECEMBER 25

My Realization for Today: Christ, God's ideal of perfect man, now in the midst of me comes forth this day as my own perfection.



KNOW that God's ideal of perfect man is now being expressed in men, women, and children everywhere. I know that all these in turning to Truth will behold themselves as they exist in God and will express His divine nature in all that they do.

Christ in the midst of me and in the heart of all people everywhere is now coming forth. He has broken the bonds of all personal limitations. We are willing to give up all personal and selfish thoughts and practices in order to behold the Christ within ourselves come forth in His glorious splendor.

I see the Christ coming forth in all whom I meet. I behold the Christ in them and I see them expressing the Christ more and more. I see them manifesting more life, love, and joy.

This day the Christ child is born in the hearts of men and it comes into visibility as their noble aspirations, their perfect health, and their unselfish love. All that is perfect and divine is centered in Christ. All that is high and noble in man now comes forth as the Christ, man's divine self.

Christ be formed in you.—*Gal. 4:19.*

WEDNESDAY, DECEMBER 26

My Realization for Today: *I abide in heaven and heaven abides in me.*



DO NOT think of heaven as existing in some other place or at some other time. I know that heaven exists here and now. In heaven, the state of perfect harmony, I abide forevermore.

My mind is filled with heavenly thoughts and no inharmonious thought can enter there. I give up every unholy and unheavenly thought in order to make room for the thoughts of God. I give up thinking of sin, sickness, and death in order to lay hold of the abundant good, health, and eternal life of Spirit. I clear my mind of all hate and fear and I abide in the love and peace of heaven.

I abide in heaven because in Truth there is no reality but heaven. I am in heaven now because in reality there is no other time. I live here and now in God's omnipresence, the presence of omnipresent Good.

Heaven, the kingdom of God, is within me. At the center of my being God eternally dwells. His presence fills me with the presence of heaven.

God within me is in heaven and I, too, abide in heaven forevermore.

The kingdom of the world is become the kingdom of our Lord, and of his Christ.—*Rev. 11:15.*

THURSDAY, DECEMBER 27

My Realization for Today: I am free from all thought of inheriting misfortune or disease. From God, the Father of all good, I inherit an abundance of health and good.



DISABUSE my mind of any belief that I have ever inherited adversity from my fleshly ancestors. I am not bound to the woes of the flesh since, in Truth, I am not of flesh but of Spirit. I do not inherit misfortune from man; I inherit bountiful blessings from God, my heavenly Father.

Disabusing my mind of every thought of fleshly heredity, I clear my body of any fleshly limitation. I am free mentally and physically from all bondage to weakness and disease. I am established in the health and strength of God, my Father.

From God, I inherit all that is mine as His perfect son. I cannot inherit anything but the good, since as the son of God I am entitled to the richest blessings of my Father.

The wholeness and the perfection of God are now manifest in me, His son, and I am mentally and physically whole and perfect.

Rabbi, who sinned, this man, or his parents, that he should be born blind? Jesus answered, Neither did this man sin, nor his parents: but that the works of God should be made manifest in him.—*John 9:2, 3.*

FRIDAY, DECEMBER 28

My Realization for Today: At all times and in all places I know that God in the midst of me is mighty with omnipotence.

I DO NOT think of the power of God as limited to any time or any place. I do not believe that God is separated or absent from me at any time or under any condition.

I know that God in the midst of me is greater than any person or any thing of the external world. In God I rest secure from the belief that any external agency can subjugate me to itself.

In all situations I am conscious of the presence of God, knowing that in this presence there can be no presence of evil, sin, or disease. In the realization of the all-powerfulness of God there is no place for any belief that external things have power.

God in the midst of me is mighty with omnipotence and I, too, am mighty. I am mighty in spiritual consciousness because God, All-might, radiates from the center of my being.

I abide in the calm assurance that God, omnipotence, reigns in my life and in my affairs. In this assurance I have the perfect conviction that nothing matters but God.

Alleluia: for the Lord God omnipotent reigneth.
—Rev. 19:6 (A. V.).

SATURDAY, DECEMBER 29

My Realization for Today: *Mentally and physically I relax from all tension and rest in perfect peace.*

DISPEL from my mind every belief that would cause me to be tense. I refuse to entertain any thought which would make me restless or inharmounious. No person or thing of the external world can make me resistant or combative.

I relax from all tenseness and I abide in the refreshing presence of God. In Him there is no sense or feeling of tension, resistance, combativeness, or fatigue. In God I am at peace, at rest, and continually refreshed.

The things of the world do not disturb me. I am not concerned about external things because I am centered in the peace and restfulness of Christ within.

I am no longer tense about what people say or do. Their words and their deeds are their own and do not concern or affect me or my life.

In the refreshing presence of God I rest, high above the petty annoyances of the world. I see all things from the viewpoint of Truth. I rest in the confident assurance that all is well. In God I am at peace with all things.

Therefore my heart is glad, and my glory rejoiceth: my flesh also shall rest in hope.—*Psalms 16:9 (A. V.).*

SUNDAY, DECEMBER 30

My Realization for Today: Christ in the midst of me is eternally alive and fills and thrills me with bountiful life.



EDITATING upon life today we clear our minds of all belief that we can lack life. We free ourselves from all inclination to believe that life can be limited or that we can be limited in our expression of it.

I do not believe that in reality I can lack vitality. I do not think that I can be limited mentally or physically by an insufficiency of life. I know that Christ in the very midst of me is alive with the life of God and I believe that this life is now being expressed in and through me.

The life of Christ makes me healthy and strong. In His life I find my own perfect life. Christ within me lives and I, too, am alive. I live and Christ expresses Himself in and through me.

The presence of Christ fills me with bountiful life. Every muscle, nerve, and cell is filled with this vitalizing, strengthening life. Every part of my body is alive with the vibrant life of Spirit.

I am now and forevermore alive with the ever increasing life of Christ within me.

For to me to live is Christ.—*Phil. 1:21.*

MONDAY, DECEMBER 31

My Realization for Today: This day I give up every old, useless, and crystallizing belief in order that I may mentally and physically lay hold of newer and better things.



EMPTY out of consciousness every old and useless belief. I give up bad habits and unholy practices. I give up every thought which would tend to be destructive or crystallizing in its action.

I give up old things to make room for the new. I deny old and useless ideas that I may affirm youthful and efficient ones. I empty from consciousness every belief which is stagnating or crystallizing in order that my mind may be filled with vital and invigorating ideas.

On the altar of Truth I sacrifice every belief in the reality of disease. I break all connection with the race consciousness and with its superstitions about disease and health. I no longer think with the crowd or let the crowd think for me.

I give myself a good mental and physical house cleaning. I clear from consciousness and from subconsciousness every worn-out idea that has been retained therein. I am mentally and physically clean. I am ready for the renewing, invigorating life and presence of Christ.

Put away, as concerning your former manner of life, the old man.—*Eph. 4:22.*

November 20 to December 19

SILENT UNITY CLASS THOUGHTS

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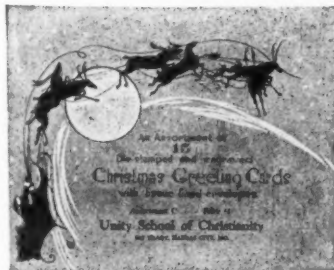
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